The effects of Sahaja Yog practice and pranadharna practice on dynamic balance ability

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Abstract

Objective: To objective of the study was to find out the effects of Sahaja Yog meditation practice and Pranadharna practice on dynamic balance ability.

Method: Ninety female students were selected from Pt. Ravishankar Shukla University, Raipur, who were aged from 17 to 25 years. They were divided into three groups randomly i.e two experimental groups and one control group each consisting of thirty subjects. The first experimental group practiced Sahaja Yog meditation and the second one practiced Pranadharna. Pre-test and post-test randomized group design was used for this study. The experimental treatments were conducted for six weeks. Dynamic balance ability was measured by Gymnastics balance beam test and was calculated in Points. Analysis of Co-variance was employed to analyze the data. The level of significance was set at 0.05.

Results & Conclusion: A significant difference was found between the Sahaja Yog group and Pranadharna group; Sahaja Yog group and control group related to effect of these on dynamic balance ability. On the other hand, there was no significant difference between the Pranadharna group and control group on dynamic balance ability.

Keywords: Sahaja Yog meditation practice, Pranadharna practice and dynamic balance ability

1. Introduction

The concept of Sahaja Yog was given by Shri Mata Ji Nirmala Devi in the year 1970. (Choudhary, 2011) [2]. Sahaja Yog is a type of “Kundalini Yog” and it describes very simple technique to activate the potential of individual by a simple meditative activity. Sahaja Yog showed positive effects in the management of various disorders such as Bronchial asthma and Hypertension. (Chugh, 1987 and 1997) [3, 4]. Sahaja Yog is related with the body and mind. It is aimed at the spirit. “Saha” means with and “Ja” means union. The word “Yog” means union or technique or ability. Sahaja Yog believes that every individual is born with the potential of united with the Divine. This potential is activated by Sahaja Yog. (Baijnath, 2008) [1]. Balance may be defined as any one’s body’s ability to maintain the centre of gravity above the base of support. It can be such that it is the ability not to fall over. (Hrysomallis, 2007) [5]. In the subject ‘Biomechanics’, balance is the ability to maintain line of gravity of the body under the base of support. (Shumway-cook A, Anson D, Haller, S, 1988) [8].

1.1 Objective of the study

The objective of the study was to find out the effects of Sahaja Yog meditation practice and Pranadharna practice on dynamic balance ability.

2. Methods

2.1 Subjects: Ninety subjects were selected for the purpose of the study who were aged from 17 to 25 years. They were divided into three groups randomly consisting of two experimental groups and one control group with thirty subjects in each group.

2.2 Variables: Two experimental treatments of the study i.e. Sahaja Yog and Pranadharna were selected as independent variables and on the other hand dynamic balance was selected as dependent variable.

2.3 Design: Pre-test and post-test randomized group design was used for this study. Sahaja Yog meditation was conducted for the first experimental group and the other experimental group practiced Pranadharna. The duration of the experimental treatments was for 6 weeks.
2.4 Measures: Dynamic balance ability was measured by Gymnastics balance beam test and was calculated in Points.

2.5 Experimental Treatment: The two experimental groups participated in two treatments i.e. Sahaja Yog practice and Pranadharna practice respectively. Description of the practical sessions conducted are:

Day 1
- Experimental Treatment details
  - Sahaja Yog Group
    - Yogic exercises were performed in the beginning.
    - Practice of Sahaja Yog Meditation was done.
    - Relaxation postures were performed.
  - Pranadharna Group
    - Yogic exercises were performed in the beginning.
    - Practice of Pranadharna was done (2 round x 3 set)
    - Relaxation postures were performed.
  - Time
    - 05 mins
    - 10 mins
    - 05 mins

The treatment schedule for the 1st day was conducted again for 2 weeks.

Day 15
- Experimental Treatment details
  - Sahaja Yog Group
    - Yogic exercises were performed in the beginning.
    - Practice of Sahaja Yog Meditation was done.
    - Relaxation postures were performed.
  - Pranadharna Group
    - Yogic exercises were performed in the beginning.
    - Practice of Pranadharna was done (4 round x 3 set)
    - Relaxation postures were performed.
  - Time
    - 05 mins
    - 10 mins
    - 05 mins

The treatment schedule for the 15th day was conducted again for 2 weeks.

Day 29
- Experimental Treatment details
  - Sahaja Yog Group
    - Yogic exercises were performed in the beginning.
    - Practice of Sahaja Yog Meditation was done.
    - Relaxation postures were performed.
  - Pranadharna Group
    - Yogic exercises were performed in the beginning.
    - Practice of Pranadharna was done (4 round x 3 set)
    - Relaxation postures were performed.
  - Time
    - 05 mins
    - 10 mins
    - 05 mins

The treatment schedule for the 29th day was conducted again for 2 weeks.

2.6 Statistical Analysis: To study the effects of Sahaja Yog practice and Pranadharna practice on dynamic balance ability of university female students, Analysis of Co-variance (ANCOVA) was used (Verma, J.P. 2000) [10]. The level of significance was set at 0.05 for this study.

2.7 Findings of the study

Table I: Descriptive Statistics related to two Experimental Groups and a Control Group in Dynamic Balance ability

<table>
<thead>
<tr>
<th>Groups</th>
<th>Score of Mean</th>
<th>Score of Standard Deviation</th>
<th>N (No. Of Subjects)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sahaja Yog Practice Group</td>
<td>7.5889</td>
<td>1.32089</td>
<td>30</td>
</tr>
<tr>
<td>Pranadharna Practice Group</td>
<td>6.2555</td>
<td>1.21512</td>
<td>30</td>
</tr>
<tr>
<td>Control Group</td>
<td>6.6000</td>
<td>1.23301</td>
<td>30</td>
</tr>
<tr>
<td>Total</td>
<td>6.8148</td>
<td>1.36674</td>
<td>90</td>
</tr>
</tbody>
</table>

Table II: Levene’s Test for Testing the Homogeneity of Variance in all the Three Group in Dynamic Balance Ability

<table>
<thead>
<tr>
<th>Score of ‘F’ (Levene’s Statistics)</th>
<th>df (1)</th>
<th>df (2)</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.547</td>
<td>2</td>
<td>87</td>
<td>0.580</td>
</tr>
</tbody>
</table>

Table III: Analysis of Co-variance to Compare Adjusted Means between Experimental Groups (Sahaja Yog Group and Pranadharna Group) and Control Group in Dynamic Balance Ability

<table>
<thead>
<tr>
<th>Source of Variation</th>
<th>Type III Sum of Squares</th>
<th>Degree of Freedom</th>
<th>Score of Mean Square</th>
<th>Score of ‘F’</th>
<th>Significance value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corrected Model</td>
<td>54.180*</td>
<td>3</td>
<td>18.060</td>
<td>13.859</td>
<td>0.000</td>
</tr>
<tr>
<td>Intercept</td>
<td>156.349</td>
<td>1</td>
<td>156.349</td>
<td>119.977</td>
<td>0.000</td>
</tr>
<tr>
<td>Pre Balance</td>
<td>25.434</td>
<td>1</td>
<td>25.434</td>
<td>19.517</td>
<td>0.000</td>
</tr>
<tr>
<td>Groups (Treatment)</td>
<td>31.734</td>
<td>2</td>
<td>15.867</td>
<td>12.176</td>
<td>0.000</td>
</tr>
<tr>
<td>Error (with in)</td>
<td>112.072</td>
<td>86</td>
<td>1.303</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>4346.015</td>
<td>90</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corrected Total</td>
<td>166.251</td>
<td>89</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Table IV: Score of Adjusted Means, Standard Error, (95%) Confidence Interval related to Two Experimental Groups (Sahaja Yog Group and Pranadharna Group) and Control Group in Dynamic Balance Ability

<table>
<thead>
<tr>
<th>Groups</th>
<th>Score of Adjusted Mean</th>
<th>Score of Standard Error</th>
<th>Confidence Interval (95%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sahaja Yog Practice Group</td>
<td>7.641</td>
<td>0.209</td>
<td>7.226 - 8.056</td>
</tr>
<tr>
<td>Pranadharna Practice Group</td>
<td>6.265</td>
<td>0.208</td>
<td>5.850 - 6.679</td>
</tr>
<tr>
<td>Control Group</td>
<td>6.539</td>
<td>0.209</td>
<td>6.124 - 6.954</td>
</tr>
</tbody>
</table>

Table IV shows the score of adjusted means, score of standard error, lower bound of confidence interval (95%) and upper bound of confidence interval (95%) of two experimental groups (Sahaja Yog group and Pranadharna group) and control group in dynamic balance ability. In Sahaja Yog group, score of adjusted mean, score of standard error, lower bound of confidence interval (95%) and upper bound of confidence interval (95%) were 7.641, 0.209, 7.226 and 8.056 respectively. In Pranadharna group, score of adjusted mean, score of standard error, lower bound of confidence interval (95%) and upper bound of confidence interval (95%) were found to be 6.265, 0.208, 5.850 and 6.679 respectively. In control group, score of adjusted mean, score of standard error, lower bound of confidence interval (95%) and upper bound of confidence interval (95%) were found to be 6.539, 0.209, 6.124 and 6.954 respectively.
interval (95%) were found 6.265, 0.208, 5.850 and 6.679 respectively. In control group, score of adjusted mean, score of standard error, Lower Bound of Confidence Interval (95%) and upper bound of confidence interval (95%) were found 6.539, 0.209, 6.124 and 6.954 respectively.

**Table V:** Comparison of Paired Means of two Experimental Groups (Sahaja Yog group and Pranadharna group) and a Control Group

<table>
<thead>
<tr>
<th>(A) Treatment Groups</th>
<th>(B) Treatment Groups</th>
<th>(A-B) Score of Mean Difference</th>
<th>Score of Standard Error</th>
<th>Significance value</th>
<th>95% Confidence Interval for Difference*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sahaja Yog Group</td>
<td>Pranadharna Group</td>
<td>1.376*</td>
<td>0.295</td>
<td>0.000</td>
<td>0.790 - 1.963</td>
</tr>
<tr>
<td></td>
<td>Control Group</td>
<td>1.102*</td>
<td>0.296</td>
<td>0.000</td>
<td>0.514 - 1.690</td>
</tr>
<tr>
<td>Pranadharna Group</td>
<td>Control Group</td>
<td>0.275</td>
<td>0.295</td>
<td>0.355</td>
<td>0.861 - 0.312</td>
</tr>
</tbody>
</table>

Table V shows the results related to the comparison of paired means. Significant difference was found between the adjusted means of Sahaja Yog Group and Pranadharna Group; (MD=1.376), Sahaja Yog Group and Control Group; (MD=1.102), Pranadharna Group and Control Group; (MD=0.275). On the other hand, no significant difference was found between adjusted means of Pranadharna Group and Control Group.

3. Conclusion
Sahaja Yog Group proved to be superior in bringing the change in dynamic balance ability in comparison of control group and Pranadharna group.

4. Discussion
Study was conducted by Sharma, Das, Mondal, Goswami & Gandhi (2006) to find out the effect of Sahaja Yog on neuro-cognitive function on the patients who were suffering from major depression. Significant effects of Sahaja Yog were seen on memory, thinking ability, emotions, feelings as well as on psychomotor ability. Singh, Singh & Choudhary (2012) conducted a study to find out the effect of Sahaja Yog meditation on rhythmic ability. Result showed that Sahaja Yog is effective technique to bring change in rhythmic ability. Sharma, Gupta, Das, Mondal, Goshwami & Kumar (2014) found the significant effect of Sahaja Yog on concentration and attention in these study. In the present study significant effect of Sahaja Yog was found on balance ability. This might be due to the association of some associated factors related to balance as mentioned in the above conducted studies i.e. psychomotor ability, rhythmic ability, concentration, attention etc. Another reason might be the improvement in neuromuscular coordination.